

FRIDAY NIGHT FACTS

OFFICE OF FAITH-BASED AND COMMUNITY INITIATIVES



MITCHELL E. DANIELS, JR., GOVERNOR
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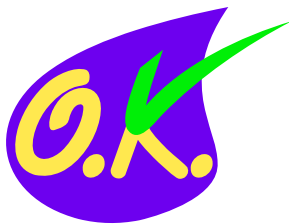
As many of you may remember, on October 18th, a tornado touched down in Nappanee and caused extensive damage and injuries. In usual Hoosier fashion, within a matter of hours, volunteers arrived on the scene and began to coordinate relief efforts. They provided direct assistance to 92 homes ranging from boarding up windows to cleaning up debris, put tarps on roofs and shingle replacement. They have operated the volunteer center since October 19th, 7 days a week, from 8 to 5 PM, as well as forming a long term recovery committee. Weekly meetings have been held with an average attendance of 57 individuals who represent over 27 different agencies.



The following is a break down of their volunteer efforts: 9383 volunteers, at an average of 6.5 hours per day (60,989 hours at an in-kind value of \$1,204.542); donated the use of 54 skid steers; 3 front end loaders; 6 dump trucks; 2 large excavators; 216 chain saws and 4 flat bed trailers. These wonderful volunteers also assisted in a community wide clean up which included over 800 homes (approximately 1300 acres of fields); 3 home demolitions; 1 church demolition; 2 roof replacements and removed over 700 trees. These numbers do not reflect the Amish volunteers and the number of barns and homes they rebuilt.

We salute our wonderful Hoosiers and are extremely grateful you are our neighbors, coworkers and friends. Thank you!

The Children's Museum will be hosting a public information and input session to discuss campus improvements on Saturday, December 8th from 10 AM to 12 noon. This will be the first public opportunity to learn about the new museum entryway, Welcome Center and transportation center that will improve visitor access and safety. Community input is encouraged! This forum will be held in the CFAX gallery on Level 2 of The Children's Museum, 3000 North Meridian Street, in Indianapolis. To RSVP for this event, please send an email to Phase2@childrensmuseum.org by December 3rd or call Sharon Concannon at 317-334-3209.



Click below to check out upcoming training opportunities on the OFBCI website.

<http://www.in.gov/ofbci/2414.htm>



It's not too late!

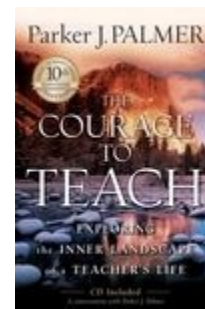
Although the 'official' conference registration has closed, walk-in registrations are available for the Kids Count in Indiana Conference on December 5th and 6th, in Indianapolis. Marie Osmond, who co-founded the Children's Miracle Network, headlines this year's event. This conference also features numerous workshops on fund raising, working with kids, involving parents and strengthening your leadership skills. For more information, contact the Indiana Youth Institute at 1-800-343-7060 or visit them at www.iyi.org

Mark your calendars!

Parker J. Palmer, author of works such as *Courage To Teach* and *Let Your Life Speak* will be in Indianapolis for two events: a public keynote address on Jan 31, 2008 and to kick off a one-day leadership retreat on Feb 1, 2008. These are two great opportunities to promote renewal in our communities and to expand your own thinking on leadership in our ever-changing world.

These events are part of a celebration of the 10-year anniversary of the book *Courage To Teach* and an opportunity to invite leaders into the growing conversation about the role of integrity within our public and private lives.

Additional information and registration can be found at <http://www.courageindiana.org>



By visiting www.letsaythanks.com you can pick out a thank you card and Xerox will print it and send it to a soldier who is currently serving overseas. You aren't able to actually choose the recipient of the card, but it will go to some member of the armed services. It only takes a few minutes to select a pre-designed card and one of the personalized messages that best expresses your sentiments. This is a great FREE site in which we can show our support for the men and women who are currently overseas protecting our freedom.

The 16 Days of Activism Against Gender Violence is an international campaign that begins on November 25, International Day Against Violence Against Women, and ends on December 10, International Human Rights Day, in order to symbolically link violence against women and human rights and to emphasize that such violence is a violation of human rights. An action tool-kit and educational resources are available for download.

To learn more, visit <http://www.cwgl.rutgers.edu/16days/home.html>



Speak Up is an annual online survey that collects students, parents, teachers, and school leader's views on key K-12 education issues. To participate, visit <http://www.tomorrow.org/speakup/index.html>

This holiday season consider your health -- and the health of others when planning your gift giving. FitCity offers these ideas for giving the gift of health, nutrition and fitness.

- ✦ **Here's to Your Health Basket:** Replace the cookies and candy with low fat treats, a low fat cookbook, a pedometer, fresh fruit and herbal tea.
- ✦ **A Healthy Subscription:** Give the gift of a year-long subscription to a health or fitness magazine.
- ✦ **Go Dark:** For those who like chocolate, give them dark chocolate. Reports indicate that dark chocolate helps lower high blood pressure.
- ✦ **Music and Dance:** Give a CD or two that will inspire your friend to get up and get moving to the beat of the music.
- ✦ **Train with a Trainer:** Give the gift of a personal trainer consultation to help your friend find the right exercise routine for the New Year.

Make a Gift: Rather than spending money on a gift, make a donation to a local charity in honor of your friend or family member.

When shopping for the perfect gift, remember these FitCity tips:

- Park in the spot farthest from the door
- Take the stairs rather than the elevator to sneak in a few extra steps.

Drink plenty of water instead of high-calorie, sugary drinks.

Peppermint Meringue Cookies

*Indulge in moderation with these quick and easy cookies.
Makes 15 cookies*

Ingredients:

- 4 egg whites
- ¼ tsp. cream of tartar
- 1 cup superfine white sugar
- ¼ tsp. peppermint extract



Directions:

- ✦ Preheat oven to 200 degrees and line cookie sheets with parchment paper.
- ✦ With an electric mixer, beat egg whites until foamy. Add cream of tartar and continue beating until the mixture holds soft peaks. Slowly add in the sugar and continue beating. When mixture holds stiff peaks, beat in peppermint extract.

Drop rounded tablespoons onto cookie sheets and back for 35-45 minutes. Cookies are done when they are firm to the touch and pale in color.

Nutrition information per cookie: 56 calories, 0 g fat, 0 mg cholesterol, 15 mg sodium, 13 g carbohydrates, 1 g protein, 0 fiber